

MANAGEMENT OF ARTERIAL & VENOUS PERIPHERAL DISEASES



What Is Peripheral Artery Disease (PAD)?

Peripheral Artery Disease (PAD) is a condition in which plaque builds up in the arteries of your legs, arms, and other areas, thereby reducing or blocking blood flow. Buildup of plaque in your arteries is a condition known as “atherosclerosis”. PAD affects 8 to 12 million people in the United States over age 50. Most people with PAD have a higher risk of death from stroke and heart attack.

What are the warning signs or symptoms of PAD?

PAD develops slowly over many years. Most people with PAD have few or no symptoms. Common symptoms of poor leg circulation include cramping, fatigue, heaviness, pain or discomfort in the legs and buttocks during activity. These symptoms usually subside when the activity stops. This is called “intermittent claudication”. Skin wounds or ulcers on your feet or toes that are slow to heal may also be suggestive of PAD.

Who is at risk for PAD?

The chance of developing PAD increases as you get older. People over age 50 have a higher risk for PAD, and the risk is increased if you have:

- History of smoking
- Diabetes
- High blood pressure
- Abnormal blood cholesterol levels
- Heart disease, heart attack, or stroke
- Family history of PAD, heart attack, or stroke



How do I find out if I have PAD?

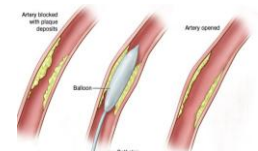
Diagnosis of PAD begins with a medical history and physical exam. In the exam, your doctor can do a simple test called the ABI (ankle brachial index). After that, other tests may be done such as duplex ultrasound imaging, MRA, or CTA.

How is PAD treated?

Most people with PAD can be treated with lifestyle changes, medicines, and exercise. If needed, a special procedure called angioplasty can be done to treat arteries that are severely blocked. Early detection and treatment is very important! If treated early, we can save a limb!

Contact your doctor as soon as you can for an evaluation!

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MANAGEMENT OF VARICOSE VEINS

What are varicose veins?

Varicose veins are twisted, enlarged veins near the surface of the skin most commonly found in the legs and ankles. Varicose veins are caused by weakened valves and veins in your legs. Normally, one-way valves in your veins keep blood flowing from your legs up *toward* your heart. When these valves do not work as they should, blood collects in your legs and pressure builds up. The veins become weak, large, and twisted.



What are the risk factors of varicose veins?

- Family history of varicose veins
- Aging
- Being overweight
- Pregnancy
- Job or frequent activities that require one to stand for long periods of time

What are the symptoms of varicose veins?

Varicose veins look dark blue, swollen, and twisted under the skin. Some people do not have any symptoms.

Mild symptoms may include:

- Heaviness, burning, aching, tiredness, or pain in your legs
- Swelling in your feet and ankles
- Itching over the vein

More serious symptoms include:

- Leg swelling
- Skin color changes or scaling
- Skin becomes dry and thin and inflame
- Swelling and calf pain after you sit or stand
- Open sores



How are varicose veins diagnosed & treated?

Your doctor will look at your legs and feet. Varicose veins are easy to see, especially when you stand up. Your doctor will check your legs for tender areas, swelling, skin color changes, sores, and other signs of skin breakdown. At times, a physician may order a duplex ultrasound exam of the extremity to see blood flow in the veins, and to rule out other disorders of the legs (such as a blood clot).

Home treatment may be all you need to ease your symptoms and keep the varicose veins from getting worse. You can avoid long periods of sitting or standing, wear compression stockings, prop up (elevate) your legs, get plenty of exercise.

If you have tried all above methods without success or you are concerned about how the veins look, contact your physician for alternative treatment options!